



Serves: 4

Mais De Pepe Pork Loin

Ingredients

- Pork loin 320g
- Sweet corn, fresh 120g
- Black pepper mix 1 tbsp
- Salt ¼ tsp
- Pepper ¼ tsp
- Vegetable stock 4 tsp

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate and act as natural flavour enhancers.

Method

- Season pork loin with salt and pepper, then roast in a pan or in an oven at 175°C for 45 minutes – 1 hour or until meat is no longer pink in the centre.
- Blend black pepper mix and vegetable stock. Set this sauce aside.
- Steam sweet corn and mix with sauce.
- Serve pork loin with steamed sweet corn at the side.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 126kcal
Protein 19.3g
Total fat (g and % of total calories)
1.7g (11.4%)
Saturated fat 0.5g
Cholesterol 39.2mg
Carbohydrate 9.6g
Dietary Fibre 0.8g
Sodium 374mg